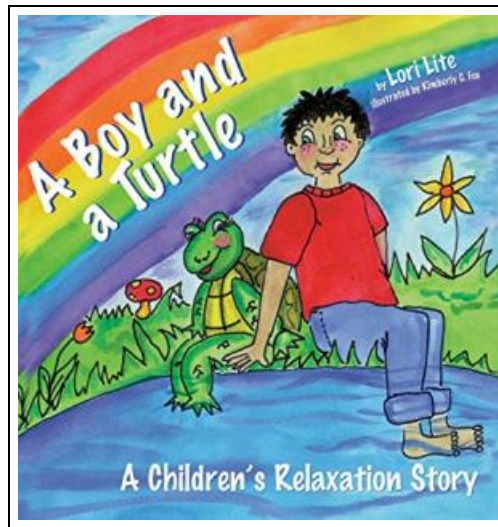


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A BOY AND A TURTLE: A CHILDREN S RELAXATION STORY TO IMPROVE SLEEP, MANAGE STRESS, ANXIETY, ANGER (HARDBACK)

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LiteBooks.net LLC, United States, 2012. Hardback. Condition: New. Kimberly C. Fox (illustrator). Language: English . Brand New Book ***** Print on Demand *****. A Boy and a Turtle is a story that teaches young children how to visualize to reduce stress, relax, and fall asleep. This effective stress management technique is also known as guided imagery or visualizations. The turtle and the boy together learn to relax their mind and body with the colors of the rainbow. Children love to visualize or imagine filling their bodies with the colors of the rainbow. This effective stress management technique also known as guided imagery is widely accepted and used by both traditional and holistic communities. These gentle yet powerful visualization techniques stimulates the imagination. Visualization can have a positive impact on your health, creativity and performance. It can lower stress and anxiety levels and is used to control anger. This technique can have a positive impact on your child s overall health, creativity and performance. Creative imagery is also used to help patients heal faster with less pain and has been considered a healing tool in virtually all of the world s cultures. The colorful imagery in this story quiets the mind and relaxes the body so your child can manage stress and fall asleep peacefully. This story is shorter making it ideal for younger children or those with a shorter attention span. A Boy and a Turtle is also featured on the Indigo Dreams Audio/CD. It is also available in several eBook formats. Note to Parent: Children love colors, rainbows, and turtles. This is a wonderful introduction for kids to feel how colors can affect their mood and ability to relax. Every child has a different emotional maturity, attention span, and need. While the stories are best suited for ages 4-9,...

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